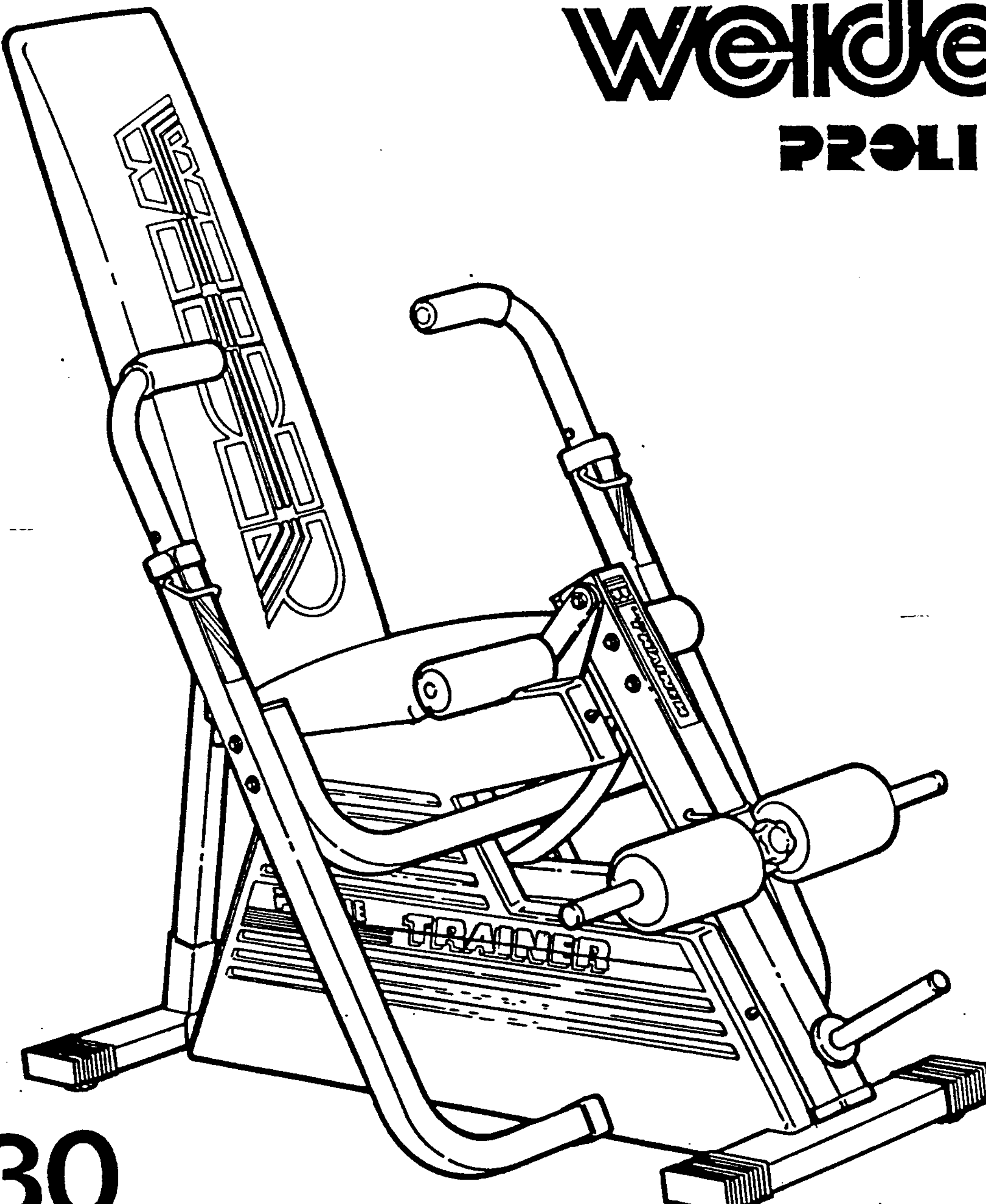
weider®

PROLINE




# D630

# EXECUTIVE TRAINER

## ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

NN-1100

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

D630 | # PARTS LIST | 10-04-90

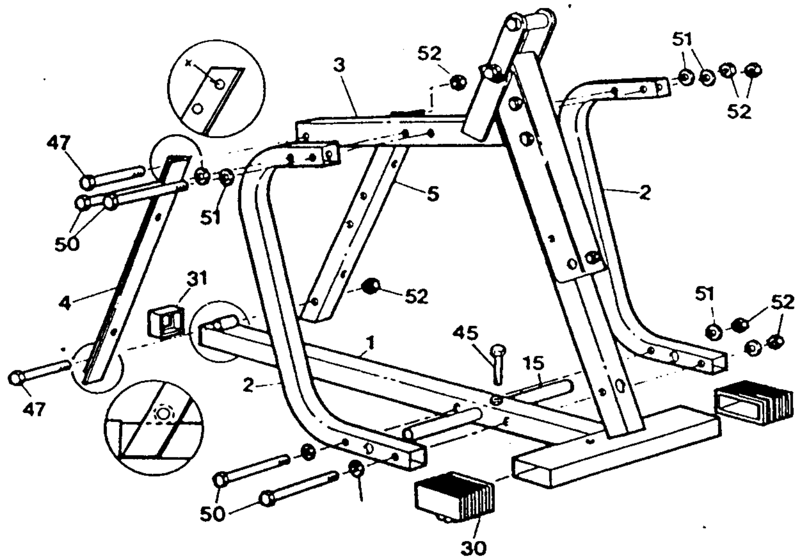
| DIAGRAM NO | PART NAME | QTY | ORDERING NO |
|---|---|---|---|
| 1 | BASE FRAME | 1 | C1176-D19 |
| 2 | SIDE FRAME | 2 | C1177-D19 |
| 3 | TOP FRAME | 1 | C1178-D19 |
| 4 | REAR FRAME SUPPORT (RIGHT) | 1 | C1179-D19 |
| 5 | REAR FRAME SUPPORT (LEFT) | 1 | C1180-D19 |
| 6 | REAR BASE FRAME | 1 | C1181-D19 |
| 7 | BACKREST SUPPORT | 1 | C1182-D19 |
| 8 | BACKREST TUBE | 1 | C1183-D19 |
| 9 | SEAT | 1 | C1320-D19 |
| 10 | BACKREST | 1 | C1319-D19 |
| 11 | PLASTIC FRAME SHROUD (RIGHT) | 1 | C0614-D19 |
| 12 | PLASTIC FRAME SHROUD (LEFT) | 1 | C0615-D19 |
| 13 | LARGE PLASTIC COVER PLATE | 1 | C0616-D19 |
| 14 | SMALL PLASTIC COVER PLATE | 1 | C0617-D19 |
| 15 | PIVOT TUBE | 1 | C1184-D19 |
| 16 | ROLLER BRACKET (FLAT) | 2 | C1185-D19 |
| 17 | BENCH PRESS CROSS BRACE | 1 | C1186-D19 |
| 18 | BENCH PRESS ARM | 2 | C1187-D19 |
| 19 | BENCH PRESS HANDLES | 2 | C1188-D19 |
| 20 | LEG EXTENSION ARM | 1 | C1189-D19 |
| 21 | LEG EXTENSION COVER | 1 | C1190-D19 |
| 22 | LATCH HOOK | 1 | C6900-D19 |
| 23 | CHROME WEIGHT PIN | 1 | C6300-D19 |
| 24 | CHROME ROLLER BAR 24" | 1 | C6301-D19 |
| 26 | FOAM ROLLER PAD 4" X 6" | 2 | C0438-D19 |
| 27 | FOAM ROLLER PAD 2 1/2" X 7" | 2 | C0426-A14 |
| 28 | PAD BAR 3/4" X 17" | 1 | C6302-D19 |
| 29 | ROLLER BRACKET (ROUND) | 1 | C1191-D19 |
| | | | |
| | HARDWARE BAG (NUTS & BOLTS) | 1 | C5833-D19 |
| | HARDWARE BAG (PLASTICS & BRACKETS) | 1 | C5834-D19 |
| 25 | PLASTIC KNOB | 1 | HH-5285 |
| 30 | RUBBER FOOT | 4 | AA-8113 |
| 31 | 2" SQUARE OPEN END CAP | 1 | AA-8114 |
| 32 | 1 1/2" SQUARE PLASTIC CAP | 3 | AA-8001 |
| 33 | 2" SQUARE PLASTIC CAP | 1 | AA-8002 |
| 34 | 1 1/2" SQUARE OPEN END CAP | 4 | AA-8115 |
| 35 | ANGLE BRACKET | 1 | C6901-D19 |
| 36 | BACKREST "L" BRACKET | 2 | C6902-D19 |
| 37 | 2" DIAMETER ROLLER | 1 | AA-8116 |
| 38 | SMALL LOCK PIN | 2 | WW-7002 |
| 39 | FOAM GRIP 1 1/2" X 5" | 2 | C0438-D19 |
| 40 | 1 1/4" ROUND PLASTIC CAP | 2 | AA-8014 |
| 41 | 1 3/4" SQUARE PLASTIC COVER CAP | 1 | AA-8117 |
| 42 | 1" ROUND PLASTIC CAP | 4 | AA-8005 |
| 43 | ROUND WEIGHT BUMPER | 1 | AA-8016 |

| DIAGRAM NO | PART NAME | QTY | ORDERING NO |
|---|---|---|---|
| 44 | 3/4" ROUND PLASTIC CAP | 2 | AA-8004 |
| 45 | 5/16"-18 X 3/4" HEX HEAD BOLT | 2 | HH-5245 |
| 46 | 5/16"-18 X 2 1/4" HEX HEAD BOLT | 3 | HH-5199 |
| 47 | **5/16"-18 X 2 1/2" HEX HEAD BOLT | 5 | HH-5053 |
| 48 | 5/16"-18 X 2 3/4" HEX HEAD BOLT | 1 | HH-5058 |
| 49 | *5/16"-18 X 3 1/2" HEX HEAD BOLT | 4 | HH-5294 |
| 50 | 5/16"-18 X 5 1/2" HEX HEAD BOLT | 4 | HH-5295 |
| 51 | 5/16" FLAT WASHER | 20 | HH-5127 |
| 52 | ***5/16" HEX NUT | 19 | HH-5296 |
| 53 | 1/4"-20 X 3/4" SLOT HEAD SCREW | 2 | HH-5022 |
| 54 | 1/4"-20 X 2 1/4" SLOT HEAD SCREW | 4 | HH-5288 |
| 56 | 1/4"-20 X 2 3/4" SLOT HEAD SCREW | 2 | HH-5289 |
| 57 | 1/4" HEX NUT | 2 | HH-5028 |
| 58 | 5/32" #10 SELF TAPPING SCREW | 10 | HH-5290 |
| 59 | 5/32" FLAT WASHER | 10 | HH-5048 |
| 62 | 3/8"-16 X 2 1/4" HEX HEAD BOLT | 1 | HH-5061 |
| 63 | 3/8" HEX NUT | 1 | HH-5293 |
| 64 | LARGE LOCK PIN | 1 | WW-7006 |
| 65 | 7/8" X 13" DECAL - STRIPE | 2 | DE-4130 |
| 66 | SHROUD DECAL | 2 | DE-4121 |
| 67 | BENCH PRESS DECAL (PAIR) | 1 | DE-4132 |
| 68 | LEG EXTENSION DECAL | 1 | DE-4126 |
| 69 | EYELET PIN | 1 | WW-7005 |
| 70 | 1 3/4" SQUARE PLASTIC CAP | 1 | AA-8073 |
| 71 | EZ-ON CLIP COLLAR | 1 | BB-0216 |
| | TRAINING MANUAL | 1 | CNN-1094 |
| | WALL CHART | 1 | CNN-1080 |
| | ASSEMBLY MANUAL | 1 | CNN-1100 |
| | | | |
| | *ONE PRE-ASSEMBLED | | |
| | **TWO PRE-ASSEMBLED | | |
| | ***THREE PRE-ASSEMBLED | | |

## STEP 1 BENCH FRAME ASSEMBLY

HARDWARE

| PART NAME | QTY |
|---|---|
| 5/16" X 3/4" HEX HEAD BOLT | 1 |
| 5/16" X 2 1/2" HEX HEAD BOLT | 2 |
| 5/16" X 5 1/2" HEX HEAD BOLT | 4 |
| 5/16" FLAT WASHER | 8 |
| 5/16" HEX NUT | 6 |
| 2" SQUARE OPEN END PLASTIC CAP | 1 |




☐ Insert and center PIVOT TUBE (15) into BASE FRAME (1) and secure with 5/16" X 3/4" HEX HEAD BOLT (45).

☐ Press RUBBER BASE FEET (30) onto each end of Rectangular Base Frame Section and 2" SQUARE OPEN END CAP (31) onto Rear of BASE FRAME (1).

☐ Slide curved SIDE FRAMES (2) over PIVOT TUBE (15) and bolt to BASE FRAME (1) using 5/16" X 5 1/2" HEX HEAD BOLTS (50), 5/16" FLAT WASHERS (51), and 5/16" HEX NUTS (52).

☐ Make this and all subsequent connections in this step only moderately tight so adjustments can be made in a future step without loosening bolts.

☐ Align bolt holes in TOP FRAME ASSEMBLY (3) and SIDE FRAMES (2) and assemble with 5/16" X 5 1/2" HEX HEAD BOLT (50). 5/16" FLAT WASHERS (51), and 5/16" HEX NUTS (52).

☐ REMEMBER, DO NOT TIGHTEN!

☐ Assemble REAR FRAME SUPPORTS (4) and (5) to TOP FRAME (3) using 5/16" x 2 1/2" HEX HEAD BOLT (47) and 5/16" HEX NUT (52). Attach lower end of REAR FRAME SUPPORTS (4) and (5) to BASE FRAME (1) using another 5/16" x 2 1/2" HEX HEAD BOLT (47) and 5/16" HEX NUT (52).

## STEP 2 REAR BASE ASSEMBLY

HARDWARE

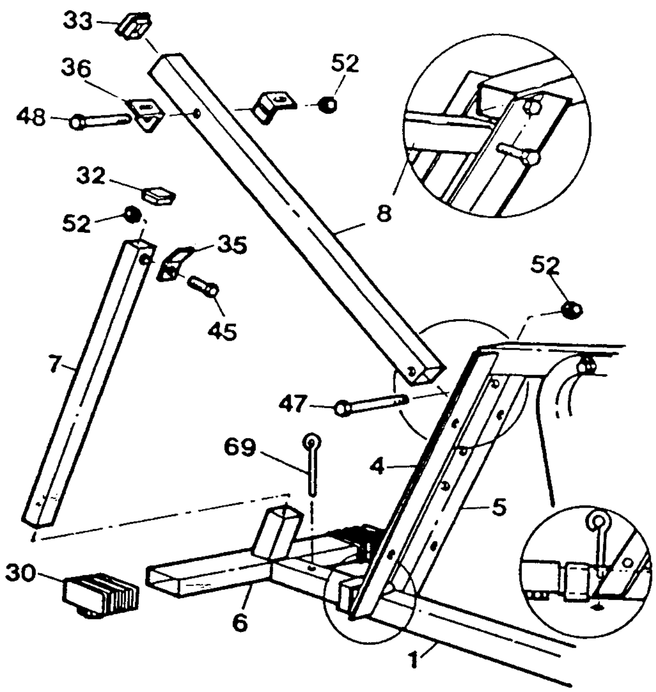
| PART NAME | QTY |
|---|---|
| 5/16" X 3/4" HEX HEAD BOLT | 1 |
| 5/16" X 2 1/2" HEX HEAD BOLT | 1 |
| 5/16" X 2 3/4" HEX HEAD BOLT | 1 |
| 5/16" HEX NUT | 3 |
| 1 1/2" SQUARE PLASTIC CAP | 1 |
| 2" SQUARE PLASTIC CAP | 1 |
| EYELET PIN | 1 |

☐ Assemble two RUBBER BASE FEET (30) to REAR BASE FRAME (6). Slide this section into MAIN BASE FRAME (1).

☐ Attach ANGLE BRACKET (35) to BACKREST SUPPORT (7) with 5/16" X 3/4" HEX HEAD BOLT (45) and 5/16" HEX NUT (52). Press 1 1/2" SQUARE PLASTIC CAP (32) into this end of Support Tube.

☐ Mount Support Tube into Holder on REAR BASE FRAME (6).

☐ Position BACKREST TUBE (8) between REAR FRAME SUPPORTS (4) and (5) so that the three slots are facing down and attach with 5/16" X 2 1/2" HEX HEAD BOLT (47) and 5/16" HEX NUT (52). (See detail drawing for assistance.) THIS BOLT CAN BE TIGHTENED SNUGLY BUT DO NOT OVER TIGHTEN!




☐ Loosely assemble **BACKREST BRACKETS (36)** to Backrest Tube with **5/16" X 2 3/4" HEX HEAD BOLT (48)** and **5/16" HEX NUT (52).** Cap tube with **2" SQUARE PLASTIC CAP (33).**

☐ **EYELET PIN (69)** should be inserted into the rear of the Base Frame and through the hole in the sliding Rear Base Frame when the Base is in its' fully compressed position. **(SEE ILLUSTRATION)**

## STEP 3 SEAT AND BACKREST ASSEMBLY

**HARDWARE**

| PART NAME | QTY |
|---|---|
| 1/4" X 3/4" SLOT HEAD SCREW | 2 |
| 1/4" X 2 1/4" SLOT HEAD SCREW | 2 |
| 1/4" X 2 3/4" SLOT HEAD SCREW | 2 |

☐ Before assembling Seat, take one of the **PLASTIC SIDE COVERS (12)** and fit it to the frame so that the shroud is over the Curved Side Supports and up against the Rear Frame Support and forward against the Base Frame Front Foot.

☐ Adjust the Base Frame Front Foot.

☐ Adjust the Frame Members slightly if necessary to obtain the best fit.

☐ Remove the Plastic Shroud and securely tighten all bolts.

☐ Align bolt holes in **SEAT (9)** with mounting holes in Frame Members. Using a **1/4" X 2 3/4" SLOT HEAD SCREW (56)** through **TOP FRAME (3),** attach rear of Seat.

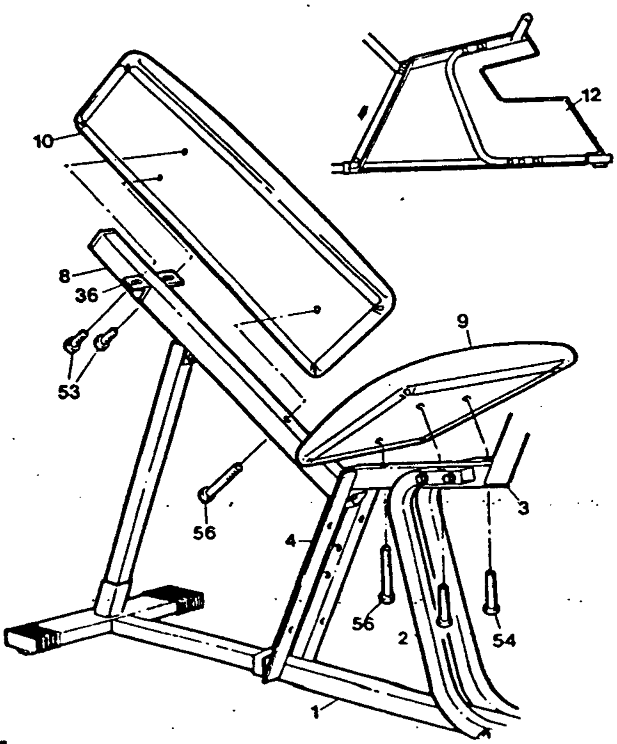
☐ Using **1/4" X 2 1/4" SLOT HEAD SCREWS (54),** attach front of Seat through curved **SIDE FRAME (2).**

☐ Make this attachment very loosely so shroud can be fit between Seat and Frame in a future step.

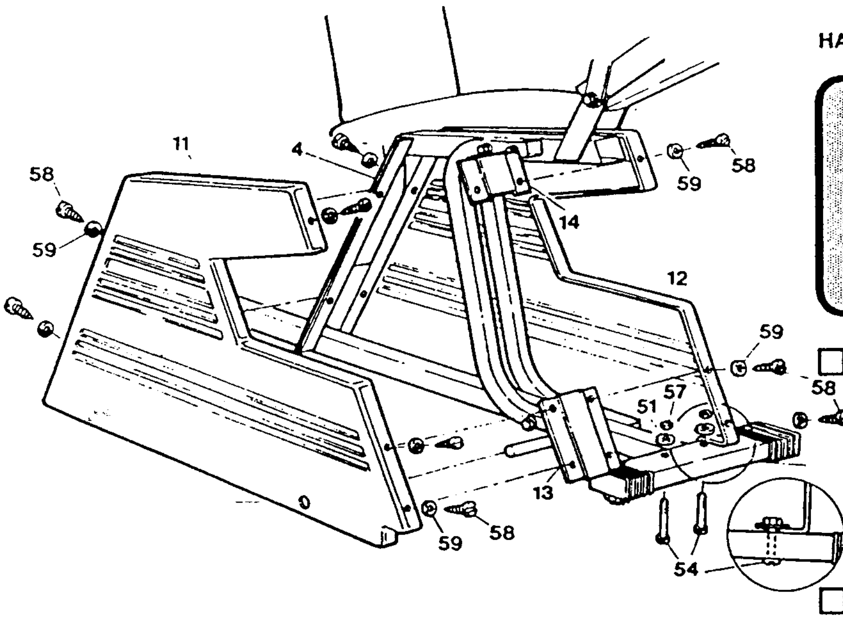
☐ Align holes in **BACKREST "L" BRACKETS (36)** with back of **BACKREST (10)** and attach with **1/4" X 3/4" SLOT HEAD SCREWS (53).**

☐ Attach bottom of Backrest to Backrest Tube using **1/4" X 2 3/4" SLOT HEAD SCREW (56).**

☐ Tighten Hex Bolt holding Backrest Angles to Backrest Bar securely.



## STEP 4 ATTACHING PLASTIC SHROUDS




HARDWARE

| PART NAME | QTY |
|---|---|
| 5/32" #10 SELF TAPPING SCREW | 10 |
| 5/32" FLAT WASHER | 10 |
| 1/4" X 2 1/4" SLOT HEAD SCREW | 2 |
| 1/4" HEX NUT | 2 |
| 5/16" FLAT WASHER | 2 |

☐ Position each **PLASTIC FRAME SHROUD (11)** and (12) over Pivot Tube so that they slip between the Seat and Frame and snugly over and against the **REAR SUPPORTS (4)** and (5). Align holes in Cover with the mounting holes in the Rear Supports and attach with **5/32" SELF TAPPING SCREWS (58)**, and **5/32" FLAT WASHERS (59).**

☐ Front of Shroud should fit tightly against Front Foot of **BASE FRAME (1).**

☐ At this point, tighten the three Seat Mounting Screws under the Seat to firmly hold the top of shroud between the Seat and Frame.

☐ Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS (54), 5/16" FLAT WASHERS (51),** and **1/4" HEX NUTS (57)** bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. **SEE DETAIL DRAWING!**

☐ Finally, insert the **LARGE PLASTIC COVER PLATE (13)** into lower portion of shrouds. Align holes and bolt together with **5/32" SELF TAPPING SCREWS (58)**, and **5/32" FLAT WASHERS (59).**

☐ Insert **SMALL PLASTIC COVER PLATE (14)** behind upper portion of shroud and attach with **5/32" SELF TAPPING SCREWS (58)** and **5/32" FLAT WASHERS (59).**

## STEP 5 BENCH PRESS ASSEMBLY

HARDWARE

| PART NAME | QTY |
|---|---|
| 5/16 X 2 1/4" HEX HEAD BOLT | 2 |
| 5/16" X 3 1/2" HEX HEAD BOLT | 4 |
| 5/16" FLAT WASHER | 8 |
| 5/16" HEX NUT | 6 |
| 3/8" X 2 1/4" HEX HEAD BOLT | 1 |
| 3/8" HEX NUT | 1 |
| 1 1/2" SQUARE OPEN END PLASTIC CAP | 4 |
| 1 1/2" SQUARE PLASTIC CAP | 2 |
| 1 1/4" ROUND PLASTIC CAP | 2 |
| SMALL LOCKING PIN | 2 |

☐ First, swing Leg Extension Assembly back over Seat to get it out of the way.

☐ Press **1 1/2" SQUARE OPEN END PLASTIC CAP (34)** onto each end of **BENCH PRESS ARMS (18).** Slide arms onto **PIVOT TUBE (15)** and up against Plastic Shroud.

☐ Next, assemble **ROLLER BRACKETS (16)** to the center tube on **BENCH PRESS CROSS BRACE (17)** with **5/16" X 2 1/4" HEX HEAD BOLTS (46)** and **5/16" HEX NUTS (52)**

☐ Bolt the **2" DIAMETER ROLLER (37)** in position between the Roller Brackets using **3/8" X 2 1/4" HEX HEAD BOLT (62)** and **3/8" HEX NUT (63).** Do not tighten enough to keep the roller from turning freely.

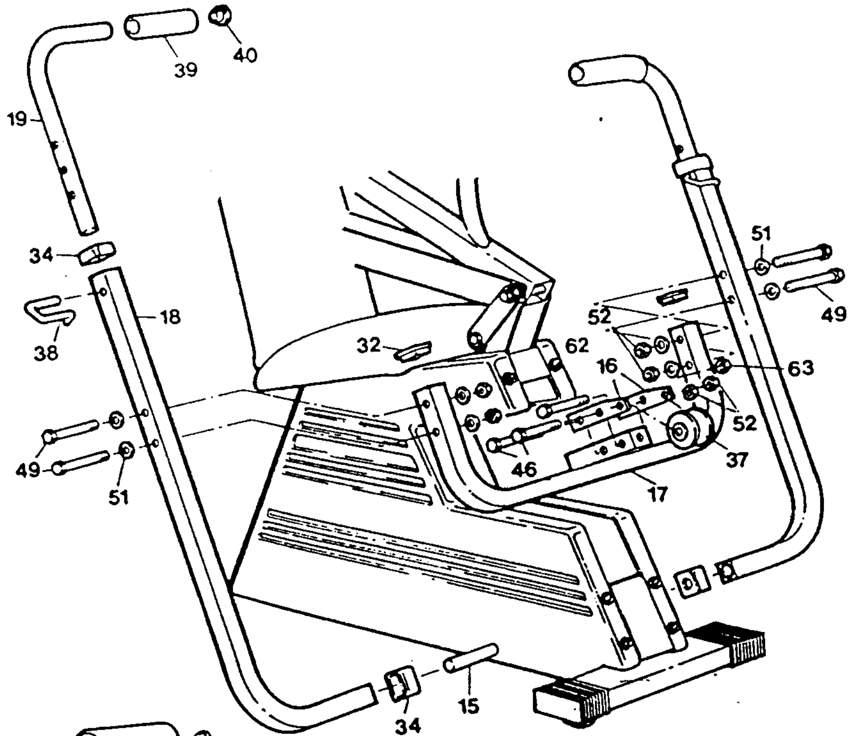
☐ Press **1 1/2" SQUARE PLASTIC CAPS (32)** into ends of Cross Brace.

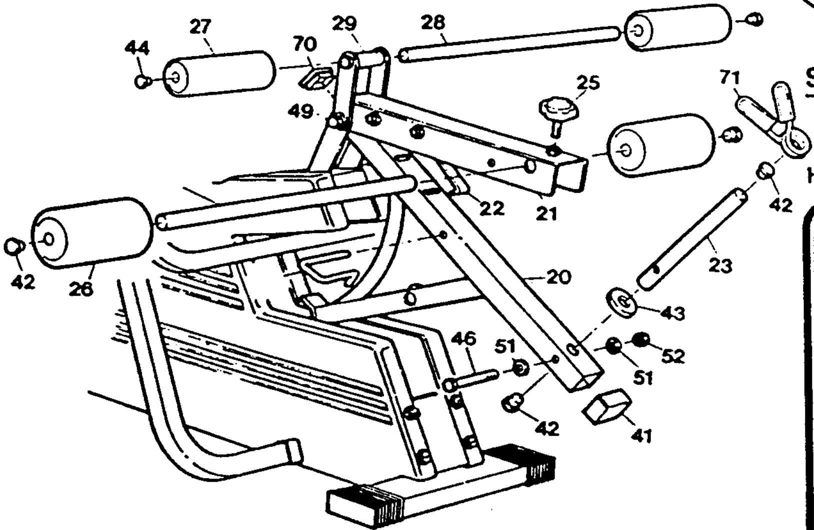
☐ Position Cross Brace into the open section of Shroud and attach to **BENCH PRESS ARMS (18)** using **5/16" X 3 1/2" HEX HEAD BOLTS (49). 5/16" FLAT WASHERS (51)**, and **5/16" HEX NUTS (52)**.

☐ Swing Leg Extension Assembly down slowly and align Roller with curved Cam Tube on Extension.

☐ Insert **BENCH PRESS HANDLES (19)** into Arms and pin into position using **SMALL LOCKING PINS (38)**.

☐ Slide **SMALL FOAM GRIPS (39)** onto handles and cap with **1 1/4" ROUND PLASTIC CAPS (40)**.




## STEP 6 LEG EXTENSION ASSEMBLY

HARDWARE

| PART NAME | QTY |
|---|---|
| 5/16" X 2 1/4" HEX HEAD BOLT | 1 |
| 5/16" FLAT WASHER | 2 |
| 5/16" HEX NUT | 1 |
| 1 3/4" SQUARE PLASTIC CAP | 1 |
| 1 3/4" SQUARE PLASTIC COVER CAP | 1 |
| 1" ROUND PLASTIC CAP | 4 |
| 3/4" ROUND PLASTIC CAP | 2 |
| ROUND WEIGHT BUMPER | 1 |
| PLASTIC KNOB | 1 |
| LARGE LOCKING PIN | 1 |
| EZ-ON CLIP COLLAR | 1 |

☐ To **LEG EXTENSION ARM (20)** insert **1 3/4" SQUARE PLASTIC CAP (70)** into top open end of leg extension and **1 3/4" SQUARE COVER CAP (41)** over lower end of leg extension.

☐ To **CHROME WEIGHT PIN (23)**, insert **1" ROUND PLASTIC CAP (42)** into each end. Fit weight pin into lower hole on **LEG EXTENSION (20)** and bolt in place using **5/16" x 2 1/4" HEX BOLT (46), 5/16" FLAT WASHERS (51)** and **5/16" HEX NUT (52)**.

☐ Slide **ROUND WEIGHT BUMPER (43)** over weight pin and down against leg extension.

☐ Check the tightness of **PIVOT BOLT (49)** and adjust if necessary, to allow for free arm action without excessive side movement.

☐ Press 3/4" ROUND CAP (44) into PAD BAR (28) ends and center bar through BRACKET (29). Assemble 7" FOAM PADS (27) onto each end of PAD BAR (28).

☐ Insert CHROME ROLLER BAR (24) into lower hole in cover and center. Hold in place by screwing PLASTIC KNOB (2F through welded nut and against roller bar.

☐ Press 4" X 6" ROLLER PADS (26) over roller bar and up against cover so that bar protrudes through about 5" on each side. (Using a small amount of liquid dish detergent wiped along the surface of the bar will make assembling pads easier.)

☐ Insert 1" ROUND PLASTIC CAPS (42) into ends of bar.

☐ Lower extension cover over leg extension and lock in place with LARGE LOCK PIN (64).

EZ-ON CLIP COLLAR (71) is used to secure weights that are loaded on to WEIGHT PIN (23).

## STEP 7 DECAL ASSEMBLY

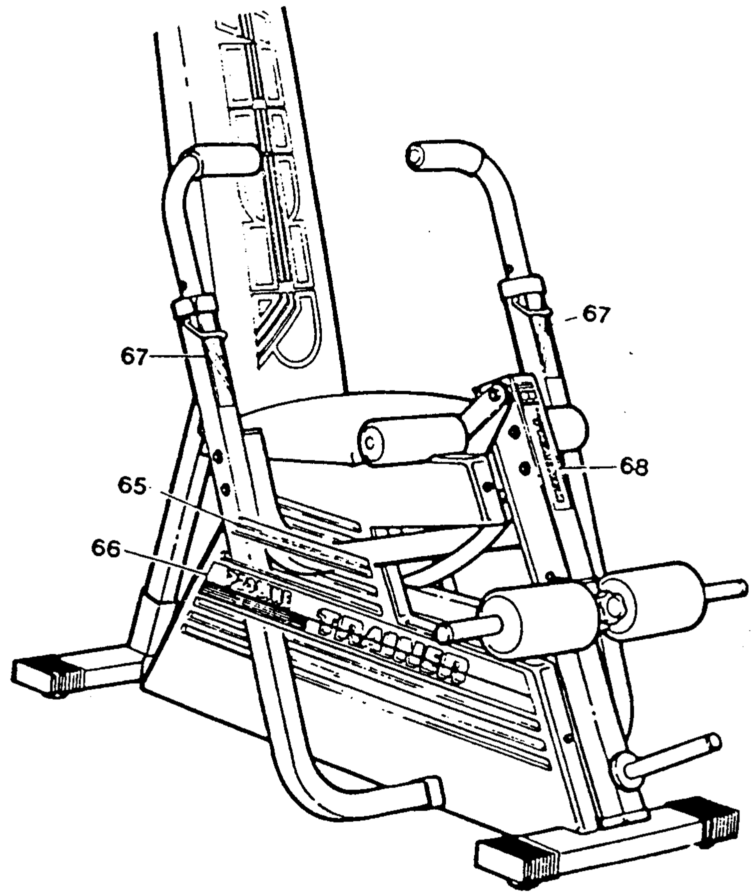
☐ NOTE: To make application of decals easier, peel only a small end section of backsheet back and align decal and press exposed adhesive section down against surface. If decal is positioned properly, remove remaining backing and finish application.

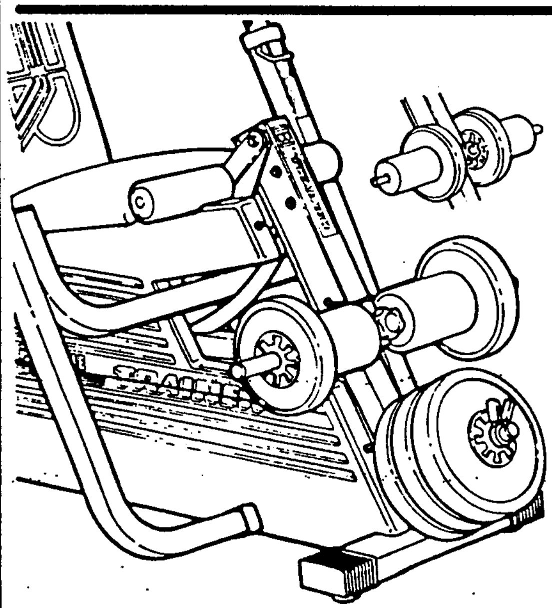
☐ Assemble 7/8" X 13" STRIPE (65) to upper recessed areas in plastic shroud.

☐ Affix LARGE SHROUD DECAL (66) to shroud sides by positioning decal about 1/2" above molded recess in bottom section of shroud. Align front of decal with molded stripes.

☐ Affix BENCH PRESS DECAL (67) to arms directly below bottom edge of plastic caps.

☐ Position LEG EXTENSION DECAL (68) to upper portion of extension cover and press into place.



## LOADING WEIGHTS

☐ **Because of the thickness of vinyl weight plates we recommend using only 3 plates on the Leg Extension Weight Pin.**

☐ **When using 4 or 5 weights, two weight plates of equal weight can be placed on the Roller Pad Bar. Weights can be placed outside the Roller Pads or inside the Pads for added security.**

☐ **Always use the weight retainer cup to secure weight on the Weight Pin.**

☐ **Do all exercises slowly and evenly to properly exercise and avoid the possibility of weights working off.**

# REPAIR PARTS AND SERVICE

## IMPORTANT

## BEFORE CALLING THE 800 NUMBER

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN YOUR WARRANTY CARD**

## CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
MODEL NO. NAME OF PART ORDERING NUMBER

## WARNING

## CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

## TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

# BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.

Joe Weider

DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY THREE HOURS OF ASSEMBLY TIME.

## HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.

3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

   YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.

5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.

6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.

7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.

8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.

9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION. THE PLASTIC SHROUDS PROTECTING YOUR MACHINE SHOULD BE CLEANED PERIODICALLY WITH MILD SOAP AND WATER.